

**CLAIMS**

**What is claimed is:**

1. A method of implanting a lead system for use with an implantable cardiac stimulation device, the method comprising:
  - (a) slidably introducing, into a longitudinally extending internal passage of an elongated stylet, a guide wire;
  - (b) slidably introducing the combined stylet and guide wire into the longitudinally extending lumen of an elongated tubular lead body and having a thrusting region near a distal end thereof;
  - (c) advancing the stylet together with the lead and guide wire until the lead encounters a tortuous turn in the vasculature of the body;
  - (d) advancing the guide wire through a distal end of the stylet and into the vasculature until a distal end of the guide wire arrives at a chosen location;
  - (e) with the guide wire bridging the tortuous turn in the vasculature of the body, continuing to advance the stylet together with the lead until the lead reaches the desired implant location.
2. A method of implanting a lead system as set forth in claim 1 and further comprising:
  - (f) after step (e), imparting force to the stylet acting against the thrusting region of the lead to wedge the distal end of the lead into place at the desired implant location.

3. A method of implanting a lead system as set forth in claim 1 and further comprising:

- (g) after step (e), imparting force to the stylet acting against the thrusting region of the lead;
- (h) withdrawing the guide wire from the vasculature; and
- (i) withdrawing the stylet from the vasculature.

4. A method of implanting a lead system as set forth in claim 1 wherein the guide wire includes:

- a proximal shaft; and
- an integral distal coil coaxial with the proximal shaft and extending distally from the proximal shaft.

5. A method of implanting a lead system as set forth in claim 1 wherein the guide wire includes:

- a proximal tube; and
- an integral distal coil coaxial with the proximal tube and extending distally from the proximal tube.

6. A method of implanting a lead system as set forth in claim 1 wherein the stylet includes a ball member at its distal end to reduce the possibility of perforating the vasculature.

7. A method of implanting a lead system as set forth in claim 6 wherein the stylet is composed of stainless steel and the ball member is stainless steel welded to the distal end of the stylet.

8. A system for implanting a lead system for an implantable cardiac stimulation device, the system comprising:

- an elongated stylet having an internal passage extending longitudinally through the stylet;

a guide wire that is slidably receivable in the longitudinally extending passage of the stylet, the combined stylet and guide wire being configured for slidable introduction into an elongated tubular lead body, and wherein the guide wire is configured for extension from a distal end of the stylet.

9. The lead system set forth in claim 8:  
wherein the stylet is configured to be firmly engaged with a thrusting region of the lead to wedge the distal end of the lead into place at the desired implant location.

10. The lead system set forth in claim 8:  
wherein the guide wire comprises:  
a proximal shaft; and  
an integral distal coil coaxial with the proximal shaft and extending distally from the proximal shaft.

11. The lead system set forth in claim 8:  
wherein the guide wire comprises:  
a proximal tube; and  
an integral distal coil coaxial with the proximal tube and extending distally from the proximal tube.

12. The lead system set forth in claim 8:  
wherein the stylet includes a ball member at its distal end to reduce the possibility of perforating the vasculature.

13. The lead system set forth in claim 8:  
wherein the stylet is composed of stainless steel and the ball member is stainless steel welded to the distal end of the stylet.

14. The lead system of claim 8 for use with a lead that defines an opening in a distal portion of the lead, and wherein the guide wire is configured for extension through the opening in the distal portion of the lead.